



CREATING A CALMER, MORE COMFORTING ENVIRONMENT FOR PATIENTS

At Ashtabula Regional Medical Center (ARMC), providing exceptional care goes beyond medical treatment. Creating a peaceful, comfortable environment where patients can feel at ease is also an important part of the healing process. Thanks to the generosity of ARMC Foundation donors, the hospital is taking another step toward enhancing the patient

experience through the introduction of The C.A.R.E. (Continuous Ambient Relaxation Environment) Channel.

The C.A.R.E. Channel is designed to promote relaxation, reduce stress and create a more soothing atmosphere for patients and their families. By combining calming instrumental music with beautiful, peaceful scenes of nature, the channel helps minimize the impact of everyday hospital noise and provides a welcome sense of tranquility during what can often be a stressful time.

The service will be available on televisions throughout the hospital, allowing patients to enjoy its calming benefits from the comfort of their rooms. It will also be accessible online, extending these resources to caregivers and patients both before and after hospitalization.

In addition to its relaxing music and imagery, the service includes C.A.R.E. with Guided Imagery, which uses soothing narration and visualization techniques to help patients manage stress and anxiety. Research has shown that guided imagery can be particularly beneficial before and during medical procedures, helping patients feel more relaxed and comfortable throughout their care.

While these enhancements may seem simple, they can make a meaningful difference in a patient's hospital experience. Whether providing a peaceful distraction, easing anxiety before a procedure or offering a moment of comfort during recovery, the C.A.R.E. Channel is another way ARMC is caring for the whole person.

This initiative was made possible through the generosity of ARMC Foundation donors, including donations in memory of Lynn A. Pontius. Their continued support allows us to invest in programs and resources that go beyond traditional medical care, helping make every patient's experience a little more comfortable, compassionate and healing.

Online Holiday Raffle

Connect with us online this holiday season for your chance to win great raffle prizes and support quality healthcare close to home! Starting November 2nd, find the raffle link on our Facebook page or at armcfoundation.org

If you are interested in donating a raffle item or making a monetary donation, please contact Mattingly.

Sponsorships & Donations deadline is October 23, 2026.

Online Holiday Raffle will launch on November 2, 2026.

Winners will be drawn and notified the week of November 23, 2026.

440-997-6942 | mattingly.brady@armchealth.org



ARMC FOUNDATION GOLF CLASSIC CELEBRATES ANOTHER SUCCESSFUL YEAR

The ARMC Foundation's 30th Annual Golf Classic brought together golfers, sponsors, volunteers and community partners for another memorable day at Hemlock Springs Golf Club on September 11. Thanks to the incredible support of our community, this year's outing raised more than \$13,000 to benefit the purchase of a new ultrasound machine for ARMC's Imaging Department helping provide patients with access to high-quality diagnostic care close to home.



Congratulations to our top three teams!

1st Place: HAVE Heating & Cooling | 2nd Place: Seeley Medical | 3rd Place: Delta Sleep Center

We extend a special thank you to our Gold Sponsors: Delta Sleep Center, Foundations Health Solutions, Independence Construction and Roetzel and Andress; and our Bronze Sponsor: HAVE, Inc. Heating & Cooling.

We are also grateful to our Hole Sponsors: ARMC Medical Staff, The Arthur Louis Steel Co., Ashtabula County Nursing & Rehabilitation Center, Catherine A. Bishop, DO, Dan Morell and Associates, The Disalvatore Chiropractic Health Center, Gary Ewing, IEN Risk Management, The Kendall Foundation, North East Fire Protection, Abdul Shahed MD and Omar Shahed.

Thank you to every golfer, sponsor, volunteer and community partner who helped make this year's Golf Classic a success. Your support helps the ARMC Foundation continue investing in the equipment and resources needed to provide exceptional healthcare right here in Ashtabula County.

DID YOU KNOW?



ARMC currently has over 40 volunteers helping throughout the hospital. Last year they collectively donated over 4,200 hours! Visit our website to learn more.

Contact Us

VOLUNTEER SPOTLIGHT

Mary Johnson enjoys volunteering and being around people. She says, "My mother was a 'Gray Lady' (former name of hospital volunteers) and I always thought that was great community service."

A native of Ashtabula, Mary volunteers in the Huffman-Mayer Wealth Management Gift Shop.

Mary is an active volunteer with Bethany Lutheran Church. She is a member of the Ashtabula Elks Lodge and a past member of the Ashtabula Parks & Recreation Board. She enjoys going for walks, shopping and thrifting.